WHAT EVERY WOMAN WANTS TO KNOW-THINGS THAT INTEREST MAID AND MATRON

AMERICAN GIRL vs. ENGLISH GIRL

Ellen Adair Discusses Leading Divergencies of Each

To study the deeply rooted differences | "good time" and the American woman and the widely divergent characteristics of the American girl as compared with her English cousin is no easy task.

As regards the American sirl's early childhood, the average parent appears to advocate the easy-going principle of Laisser Faire, or Path of Least Resistance, and allows the youngster to develop a fairly strong will-power and a very large measure of independence quite unknown to the carefully guarded English child. The latter has many restrictions where the American child has few, while the eld adags that "Children should be seen and not heard," so rife in England, is

not so vigorously upheld in this country. Hence that essentially modern product, the independent and self-assured young American girl. Her personality has been given every facility for free development. and, unless too much indulgence has been given her in early childhood, she is all the better for this early freedom. For the average American girl is calm and level headed and far more independent of the mere man than is her English

The "clinging" type of woman, as the English understand the meaning of the term, is practically unknown over here. the American young woman being far too strong in the sense of her own re-sources to "cling" to any man for guid-ance or advice, for, indeed, she loves to act on her own initiative.

But in another, and far from helpless, But in another, and far from helpless, sense there is a "clinging" type which might well be dispensed with among American girlhood, and which vies for real tenacity of grip with the octopus or limpet or any other young creature possessed of "sticking" power. Yet it would be unfair to state that this is a product entirely peculiar to America, since the tenacious and mercenary young woman entirely peculiar to America, since the tenacious and mercenary young woman is to be encountered in most countries. Still. many of the American men en-courage this attitude of mind, and in-dulge their womankind in a "good time." spending far more time and money upon them than the majority of Englishmen would do in like circumstances toward their womankind. Hence the American girl goes in for a "good time" much more thoroughly than her English cousin, and, indeed, from the cradle upward she is encouraged to do so.

The highly indulgent attitude of the average American man toward his female connections is too well known to detail. He works hard that they may have a

The Perfect Day

Inte our lives-a rose amid the thorns. A star in night-there came one perfect Framed all in sunshine, lit with light of

love.
And compassed round with blessing ev'ry way. Hush! Let us keep it. sweet. By God's own grace, complete.

Now, though the shadows gather round our path: Now, though the darkness rise and hide

the light: New, though we never reap life's aftermath. Nor ever touch again so fair a height:

Now, let come what may, We knew one perfect day. Sweet, looking up, we know that pain

must rise. And strife, to mar that day's most perfect peace:

But, looking farther, in God's light of We see the land where all the discords

And where-God grant-we may te-live that perfect day!

Milady's Toilet Table

Moles and warts are a serious blemish en an otherwise pretty skin. These are sometimes merely discolorations, and sometimes covered with a hairy growth. As the coloring matter lies deep below the skin, a scar remains if they are removed by a knife or hot fron.

Electric treatment is the best, and does not harm the skin if properly applied. If this is not available, large pendant warts may be removed by winding around them a silk or silver thread, and after they drop off cauterizing the spot with silver nitrate. Common warts may be removed by repeatedly applying strong acetic acid. caustic potash, nitric acid or hydro-chloric acid. All these remedies are liable to leave a

mark if not used with care. The best way is to apply the acid to the wart alone by means of a matchstick, taking care not to get any on the aurrounding If, before using, a thin layer of soft

wax or spermaceti should be spread around the wart, the acid will touch only the desired spot.

Indian Eggs

Six possibed aggs on nicely fried stices of bread. For the sauce: One small anion. One ounce of butter or dripping. One tablespoonful of curry powder. One tablespeousful of flour. One pint of milk. Slice the onion very finely, melt the butter in a sancepan, put in the onion, and fry M a pale brown; then add the four and surry powder, and fry again for about 6 minutes.

Add the milk gradually, taking care to mix it in smoothly, and bring the sauce to the boil, stirring it all the time. Next allow it to simmer for 10 or 12 minutes, and then strain it over the possible eggs.

Brother Willie Says:

Pa's feet must uv ben awful soar, our he told Mr. Jones the runnin' at Saratoga was rotten.
I knew rite well sister's feller was cum-

ing last nite. She slept all afternoon.
The last time he caim he gave me fifty cents to stay out of the parior. That made seventia five, our I saw sister furst.
I don't cars nuthin' about stickin'

around ennyhow. The gurl next door leeves her curtens up when she has I got a new football soot, Sister bought

it wen I wanted to help Father figger out why our elecktric bills went down.

Ideas in Idleness

We woman has a right to expect a man to tell professional secrets. Every day should be a step toward learning something. Ignorance is the blackest vice.

sonmeon says there are two kinds of mowings. First, to know a thing yourself; secondly, to know where to find it.

People nowadays expect to sather figs
from thistles. They blame the intellectual
girl because she cannot cook, and accuse
the stay-at-home girl of a lack of brains Johnson says there are two kinds of

often trespasees on this ingrained indulgence on the part of husband, father

The English girl, on the other hand, has often to suppress her individuality, and her cherished ambitions, for the sake of the male members of her family, most the money going to the education of the boys.

As regards freedom of friendship be-tween the sexes, the American girl has every liberty, and the result is a healthy camaraderie between the young men and

The free-and-easy manners of the average middle-class American girl strike her English cousin as just a trifle abrupt ancasual. The early upbringing of the child is responsible for this, combined with the financial independence peculiar to the average American girl. For the latter prefers to work instead of staying quietly in the monotony of home all day She goes to business-and enjoy-

In England the daughter of the average well-to-do middle classes does not work, but here young women of the middle classes go to business literally in thousands, and behind the counter of the great department stores, in offices, and in all places of employment, the daughters of well-off parents are to be found. The disposition and characteristics of the English girl differ from those of her American cousin. She is less worldly wise, not nearly so sophisticated. Her life is in a way more sheltered, less in the glare of the footlights, as it were For she has less freedom, and she has to account for her movements to her family circle in a way that the American girl would not tolerate.

The brothers and the father of the English girl show just the glimmer of a tendency toward "bossing" her? It seems to me that in America, if there is any "bossing" doing, the daughter of the family takes the lead! Not so in England!

The average maiden of America, seen at her best, is most attractive—also the English girl. I must admit that, from a personal point of view, I find both



THE HIGH COST OF LIVING

one very decided step toward eliminating the much discussed high cost of living. It is undoubtedly true that nearly every housekeeper wastes money either through her own carelessness or the dishonesty of tradesmen. To counteract this, the Mayor's foed supply committee prepared handbills on the subject. These were not placed on doorsteps to be thrown out as advertisements. They were distributed among school children with orders e take them home.

The circular is calculated to attract attention. Such slogans as "Buy for Cash."
"Don't Buy in Small Quantities if You
Can Avoid It," etc., contain much good advice in a few words. Another pamphlet is gotten out by the same people and will be mailed anywhere by request. It is called "What the Purchase of a horse and wagon, do so. But don't delude yourself into thinking you are getting "free delivery." is called "What the Purchasing Public Should Know."

One reason why money goes so quickly for the housewife is because of short weight. When there is only a little difference she thinks it amounts to nothing. Yet in a year an appreciable amount of noney has been thrown away on "nothing." Every kitchen should have a second scales, and weights should be con-

"Don't order by telephone." reads another line. "Go to the store and see

Women and Wisdom

Did you ever notice that a pretty girl

You may darn his socks all afternoon, dust with sugar.

pile them up and put them away for him. But in the morning you'll see he has found a pair with holes in.

Some much-married men beast more cicthes "put away for them" than they'll ever realize.

Dark Fruit Cake

This recipe makes three large cakes and has been used for over 20 years by the woman who took a blue ribbon on it last year: Two pounds raisins, two pounds currants, one pound citron, one ound flour browned in oven, one pound figs, two pounds shelled nuts, three-fourths pound butter, one pound medium brown sugar, one dozen eggs, two tea-spoons made or nutmeg, two teaspoons cinnamon, one teaspoon cloves, one teaspoon soda, two teaspoons baking pow-der, one cup molasses, one who glass fruit juice. Cream butter and sugar, add eggs well beaten, then flour with baking pow-der sifted through it. Mix soda in moisses and add this and the winoglass of fruit juice. Roll fruit in one extra cup of flour so that the particles will be separated. Line pans with buttered paper and bake an hour and one-half to two hours in a very slow oven. If de-sired this cake may be made in one large pan. In that case bake three to

Sago Fruit Pudding

Take one breakfast cupful of sago, boil in water until well cooked and one pound of blackberries, which stew with half a pound of sugar in half a pint of water. Strain the juice off the blackberries through a strainer, add juice to the sage, put into a meld or basin until pearly cold. Turn out on a dish and put blackberries round. Serve with boiled

The Attractive Woman

Who are the women who go sweet-neartiess through life? Are they the plain, the foolish, the dowdy, the insigificant? By no means. It is only necessary to glance around the circle of en aged and married women to disprove this, for is it not patent to every one that many of these ladies come from the ranks of the unintelligent, the incapable the stlly and the plain-featured? And is it not equally clear that some of the best refined, clever and managing looging, refined, dever and managing women are neglected and overlooked by men? One reason to account for this is the lack of a certain "something" in them, which "something" is none the less powerful in attracting men, because it is difficult to define.

Velvet Cream

Soak one-half box gelatin in one cuprul white grape Julee two hours. Dissoive over boiling water, but do not let boil. Dissoive three tablespoonfuls sugar in the from thields. They blame the intellectual grant form fire. When cooled and accuse the stay-at-home girl of a lack of brains a thing of beauty may be a joy forever, but we certainly get tired of wearing our last season's clothes.

Dissolve three tablespoonfuls sugar in the grant it is used grate it; if canned, then cooled a chop it vary fine. Three eggs, hot beaten; one tablespoonful melted butter, two mold wet with cold water and put on ice to harden. Serve with plain or whipped and pepper. Mix all well together and fry as you would griddle cakes,

Mayor Mitchel, of New York, has taken | lection, and it pays to get the name of

idea for the tradesman. The weight of the dish should be deducted from the bill. When packages are done up in stiff the extra weight of paper means so nuch less food.

Beware of the underpriced store. The do it no harm. inderpriced dealer is not living under Stuff the bodio any providential dispensation that enables him to get along without profits. The excuse for this underselling is no delivery. If you are content to go to another store and pay part of the expense

What Other

Housewives Know HALF-PAY PUDDING.

Four ounces of each of the following ingredients: Suet, flour, currants, raisins, bread-crumbs; two tablespoonfuls of molasses, half a pint of milk-all of which must be well mixed together and boiled reputation. other line. "Go to the store and see what you are getting." There you have in a mould for three or four hours. To the advantage of quality and personal see be served up with wine or brandy sauce if half-pay permits. It is an excellent substitute for Christmas plum pudding

A FRIAR'S OMELET.

Campaigners rant madly against the same of white sugar; when cold, add the cow. demon rum, but there is another green- four eggs, well beaten; put into a baking eyed monster just as rulnous to the dish well covered with bread-crumbs, so Unfortunately, some men don't have to as to stick to bottom and sides, then part from the dear one at home to go add the apple mixture; sprinkle breadcrumbs over top. When baked turn and

MUSHROOMS UNDER GLASS. One pound of large, fresh mushrooms, washed in four or five waters, peeled. stemmed, and dried. Fry for one minute in a tablespoonful of butter. Put a cup of thick, well seasoned cream on the stove and let it simmer slowly for 10 minutes, make rounds of toast, browning on one side only, and lay one in each of building dishes that come with glass

Place mushrooms on toast and cover with the juice and cream. Put glass covers on. Bake 15 minutes. Serve under

RICE WITH TOMATOES. One coffee cup of rice. Tablespoonful bacon grease. One large onion. Four large tomatoes. Four green peppers. Half a teaspoonful black pepper. Sait to taste. Soult the rice until it swells. Put the bacon grease in a frying pan Chop the tomotoes, enions, peppers, and put all with the rice in a pan. Fry until nearly brown. Add one pint of water and cook for about 30 minutes.

STUFFED GREEN PEPPERS. Scald large bell peppers, one large white onion, three medium-sized rips tomatoes, yolks of three eggs, three tablespoonfuls meited butter, three tablespeenfuls mineed cold lamb, three tops of the peppers chopped fine, one slice of stalo

bread, one and one-half inches thick. Salt and pepper to tasts.

Wash peppers and dry them, take off the stems so they will set level in baking Cut off the tops of the peppers, naking an opening large enough to put the dressing with a tablespoon. Remove the heart and seeds, saving the

seds of one pepper for seasoning place the peppers in an ordinary bairing tin. New chop the ordina and the tops of the peppers both fine.

Peel the tops of the tomatoes and and peppers. Rub the bread until it is very fine, using all but the crusts. Minos lamb and add to the bread crumbs dd the onions, tomatoes, peppers, melted autter, sait, black popper and the seeds of one pepper, last of all the yolks of the eggs well heaten. Fill the peppers with the mixture and bake half an hour. Before serving put a bit of butter on

CAULIFLOWER CHEESE

Place one large cauliflower in a kettle f boiling water and a little sait. Cook until it can be removed from the kettle without breaking. Take it from the stems and lay it in a deep round dish in small pieces; cover it well with grated cheese which has been seasoned with pepper, salt and a little mustard. Bake until brown.

CORN FRITTERS.

Six cars of fresh corn or one can. It green corn is used grate it; if canned,

For the Week-end Girl When packing always remember to put

ATTRACTIVE COSTUMES FOR HALLOWEEN

Evening dresses, perishable waists and them up as soon as your trunks arrive. A hat trunk is not a necessity. Put

your hat on the top tray of your trunk olored paper-such as coffee, sugar, etc. and secure it with push-pins to the bot- these, tom. Unless the brim is white this will

Stuff the bodies of waists, light dresses, etc., with tissue paper. Roll the paper into light balls, never tightly. The re-sult should look like an article just sent from the cleaners.

Feminine Sayings

A good dinner is not to be despised as the avenue to a man's good graces.

A girl who "makes up" seldom does

Every man is a child at heart. He is just as restless and as hard to entertain, and reaches for every new toy. 'The slender thread of "they say" has

Pope says, "Every woman is at heart

Pope was a pessimist. The professional optimist is the most

annoying creature on earth. te not allowed to have brains, cleverness.

Boil a dozen apples; as for sauce, stir always remain a question. "Each one to his taste," said the old lady as she kissed

Roast Ham

A roast ham has a finer flavor than bolled ham, and will keep longer. Sonk the ham thoroughly for 12 hours, wipe dry and cut away rusty parts. Cover the ham with a flour-and-water crust, taking care that it is of sufficient thicktaking care that it is or summer in a seasoning is another ness to keep in the gravy. Place in a seasoning is another ness to keep in the gravy. Place in a seasoning is another ness to keep in the gravy. Place in a seasoning is another ness to keep in the gravy.

People who are determined to reduce possible. Sugar and starch must be

Rules That Will Reduce Stout People

There are a good many tricks of the top where you can reach them. Hang usually weighed in wooden dishes—a good them up as seen as your trunks arrive.

Rise early in the morning, restricting the sleeping hours to seven. Take a half hour's walk before break-

Begin breakfast with a ripe raw fruit.

taking toast instead of bread, and tea without cream, and as little sugar as

The True Christian Spirit "Tommy," said a young lady visitor at his home, "why not come to our Sun-day school?"

Tommy hesitated a moment, then sud-

"Yes, indeed," replied the new teacher. "Well, then," said Tommy, with an air of interest, "I'll be there next Sunday, you bet. I've been waitin' for that kid for three weeks, and never knew where been the executioner's rope for many a

The Csarm of Cheese

in made of the imported Swiss made in the consistency of butter. This may be spread on bread or crackers. Platachio

need not be heavy—a salad, a pattle, a light dessert, a glass of milk is enough. Eating before you go to bed, if it is

time; in some cases an unpleasant process. A glass of warm, pure milk

taken directly before retiring is a healthful and sleep-producing substi-tute. The general condition will show

the effects of good care in a very short

Ginger Pudding

This is a delicious recipe and requires

no sugar. Take one-half pound flour,

four ounces suct (chopped very fine), one

teaspoonful of ground ginger, one tea-

spoonful of baking powder, a pinch of

salt. Mix these together, then add four

ounces of golden syrup and a teacupful

of milk. Stir well, then turn into a but-

When well browned add the salt.

Cheese and Onions

Take one large onion, boil till tender

Sharp Knives

Soap

If You Would Have a Love y Skin

lotions will do no good if the real trouble is lack of exercise, sluggish liver or a disordered stomach. One must feel well before one can look well, for nature is not a deceiver.

Substantial as possessed and to not extend the possessed and the possesse and the substantial as possessed and the substantial as possessed and to not extend the possessed and to not extend the possessed and the substantial as possessed and to not extend the possessed and the substantial as possessed and to not extend the possessed and the possessed a lotions will do no good if the real trouble

Dangers of Holiday Packing

Holiday makers are apt to wonder why they so often develop a cold in the first day or two of the holiday. It is usually ascribed to a draught in the train, but far more probably the heliday cold is due to careless packing.

or dusty clothes laden with catarrh-producing microbes, for even a "cold in the head" is due to a specific germ, and the hand" is due to a specific germ, and naturally, when the handkerchiefs are used, infection is highly probable. There are still more serious dangers

consumption germs from soiled boots and dusty clothes. Hair, shaving, and tooth brushes that

In packing, handkerchiefs, underlinen and tollet articles should be effectively protected from possible contamination from boots and clothes. Boots should, if possible, he packed by themselves.

pour it into a shallow dish. When cooled a little add the yolk of an egs, well beaten, then place before the fire and brown nicely.

Correspondence of general interest to women readers will be printed on this page. Such correspondence should be addressed to the Woman's Editor, Evening Ledger.

their flesh will be interested in a avoided.

to insure a loss of from two to four Drink lemonade. pounds every three weeks. The wise woman gets weighed before she starts

denly he said: "Does Jimmy Brown go to your school?

There are so many delightful ways of preparing cheese these days without cooking it. The cheese cult, like a taste for olives, must be cultivated, only cheese

offers greater variety. Roquefort relish, for instance, is made out of requestort, with celery chopped fine and seasoning. Cream Swiss is a decided novelty. It

nuts are mixed with the cheese. It makes a delicious ten wafer. Cheese salad, made with New York

State cheese, pimentos, olives, nuts and seasoning is another dainty. These are

Good health is the only lasting prescrip-tion for a good skin. Cosmetics and substantial as possible and do not eat

the first place, avoid indigestion. Your stomach will very soon inform you of the foods it cannot dispose of if you take them often. Be very decided about avoiding them. Don't form the habit of taking something which disagrees with you "just this once." Tea and coffee should be foresworn entirely; but if this is too rigid, twice a day is the maximum. Do not take these too hot, as this is very had for the stomach.

Many girls lunch daily on a dish of too cream or some candy. A sallow,

The unthinking packer will put hand-kerchiefs next to dirty boots and shoes

in careless packing. Handkerchiefs underlinen may become infected

have not been kept well away from any-thing likely to harbor germs may easily senvey herrible skin and other dis-

Delicious Toasted Cheese

flut two ounces of cheese into thin slices, put it into a saucepan, set it on the fire and add one-half pint of fresh milk. Simmer it till the cheese is quite dissolved, then take it from the fire and

move the wrapper and allow it to dry.

Avoid pork, ham and bacon and all sweet desserts. Take a small dose of some good aperient

This is the type of taste that leads straight to the doctor. He thrives and profits also by the gen-

eral ignorance of what food means and of what it is intended to do. Some peo-ple go to him for medicine to reduce the obssity which is hampering them to a

water every morning.
Two Turkish baths a week, followed by massage until fatigued. Do gymnastic exercises for an hour before retiring. Rub, knead and pound all fleshy parts of the body, but do not

injure the skin. Make all the motions of running briskly yet not moving from the spot.

formation of regiments of women to take the places of the landwehr troops, who will shortly be called to the front. Mrs. Lucy Blanchard, of Los Angeles,

What Other Women Do

Germany is considering plans for the

has been elected for the twenty-second time as president of the Women's Chris-tian Temperance Union in that city. Although she is only 11 years of age. Miss Isla Tudor has the unique title of "The Little Air Lady," which she won by her daring aeroplane flights in Eng-

Mrs. Carrie Chapman Catt, the suffrage leader, is made the sole residuary lega-tee of the \$2,000,000 estate left to the suffrage cause by Mrs. Frank Leslie.

ester, Ind., recently went in a body to a canning factory and peeled tomatoes for Ellen Grady, of Chicago, who has been in the employ of the Pennsylvania Rail-

and put on the company's "roll of honor. Labor-saving Devices

in the Kitchen

The housework problem, like most others, can be solved if one can afford to buy the necessary remedies. Electricity and electrical appliances for every occasion are the last word in efficiency. The electric washtub eliminates, blue

Monday. Put in your clothes and soap, run the water in the tub and turn on the motor. In due time press another button and your wringer is working. Rain. or shine is a matter of indifferenceyou have the electric clothes-drying an every-night occurrence, is also an injurious habit. Besides keeping you awake, it makes the stomach work over-

Tuesday the electric fron does good service. You have no burned fingers, an ven temper as well as temperature, and can iron continuously without interrup-

The electric range, ice cream freezer.

The electric range, ice cream freezer.

freless cooker, even the dishwasher make
kitchen work less tiring.

Breakfast helps are innumerable. You can make your toast on the table and keep it hot. The electric percolator in-sures good coffee when used properly. The electric chafing dish solves many social problem, and the little teakettles are very attractive.

Hair ourlers and dryers, hot water bot-

tles, sewing machine motors, silver pol-ishers and incubators are run by electricity nowadays.

The Dressing of Dolls

tered pan, add dripping salt and pepper. The St. Vincent's Aid Association is planning a sale of dolls, bags and fanny articles the first week in December. The Boil the bone, carret and turnip in nine breakfast cupfulls of water for three hours, then strain. Wash the liver, dry exceptionally fine philanthropic work it and mince it up into small bits, cut up the onions also. But the dripping into a customers. saucepan to get smoking hot, and then A tea and luncheon room has also been put in the liver and onions, and fry till a nice brown; shake in the flour and stir

planned and everything promises to be very comfortable. If you can dress a doll or two, or make pepper and stock and a little ketchup.
Stir well till it boils, then put on the many stires article, or send suggestions.

Stir well till it boils, then put on the write Mrs. James A. Mundy, at 708 Spruce street. Any friendly literest will be appreciated, so write in time to have your suggestion read at the November meeting.

Barley Pudding

Take one large onion, bold thi tender; chop up fine, then chop two ounces of cheese with the union. Mix with a little mille, thickened with flour. Bring to boiling point, and let it simmer for a few minutes. Pour in a dish, and a lump of butter, pepper and salt to taste. After making barley water, the barley is usually thrown away. This is wasteful Fus the barley into a basin, add sugar to taste, a pinch of salt, and from half to a pint of milk, according to the size of the pudding, one or two beaten eggs, and flavor with lemon-rind or nutmes. Line a pie dish with jam, pour in the mixture and bake for half an hour. This is delicious. lso not add the salt while boiling, or the milk will curdle. This is a very cheap and nourishing dish for tea or

Cheese Custard

The afficient housekeeper knows that sharp knives save time, patience and give better results than dull ones. Take half a pound of state cheese, cut small, and dissolve in a ban with four tablespoonfuls of milk, a little salt, pepper and butter. When it comes to the boil add two well-beaten essa. Then Scap should be bought in quantities; resimmer for a few minutes.

Editor of Forecast Magazine.

CHEATING THE DOCTOR

By C. HOUSTON GOUDISS

Millions of dollars are spent daily on food which has little other value than to swell the doctor's receipts.

Ninety-nine out of a hundred of us go to the doctor for nothing else in the world than to get some drug which will remove from our system the harmful or unnecessary material that we have been foolish enough to put into it, or for some tonic or concentrated food which will provide the indispensable nutrient that we have not known enough to take normally in our daily meals.

And this happens because our only thought is to please the palate. Most of us known pothing about food values or

mally in our daily meals.

And this happens because our only thought is to please the palate. Most of us know nothing about food values or what the different food elements do for the body. It was enough for us that we get what we like to eat.

This applies quite as much to the bank president who orders an elaborate lunch at his club as it does to the messenger boy who tries to satisfy his healthy midday hunger with a cup of coffee and a pieces of pie. In fact, the bank president is of the two the worst sinner against his own interests, because he can buy so passion for pickies.

A goodly proportion of the doctor's profit is derived from our national standards as regards food. Our ideas are still very primitive. It makes us feel so wealthy and successful to see our home table sroaming under a lavish supply of food or to go into a restaurant and feel that we can order the whole bill of fare, regardless of expense.

Our pet national boast has always been that the poorest laboring man in this country could afford to eat a square meal, with meat and all the "trimmin's," three times a day.

The doctor would not be kept quite so busy if the laborer were the only man to eat the conventional square meal three times a day. The laborer can stand a lot of heavy feating.

is of the two the worst sinner against his own interests, because he can buy so much more rubbish to incorporate into his long-suffering system. The boy may be under-nourished, but the banker helps to make the doctor rich.

We ought to be able to depend absorbing the sufficiency of the statement of the control of the sufficient many the creating of We ought to be able to depend absolutely for guldance upon the craving of the body for any one kind of food. When the taste and appetite are what they should be, the mere liking and hunger for a special kind of food is sufficient proof that the body needs it in its bustness. to eat the conventional square meal three times a day. The laborer can stand a lot of heavy feeding, because he burns up a lot of fuel in his bodily furnace. But the ideal square meal is so firmly estabthe ideal square meal is so firmly estab-lished in our minds that the sedentary man who seldem forces his muscles to any heavier task than turning over the pages of a book, clipping coupons or sign-ing a check acts upon the ingrained con-viction that a light or simple meal is no meal at all.

Women who take little or no exercise cling quite as firmly to their love for Therefore, if the messenger boy had a little more money to spend on lunch he would probably get just what he needs. It is the banker whose palate has been carefully trained to crave "high" game or overripe and highly seasoned meat as the leading feature of a meal which is topped off with rich cheese and flery liqueurs.

Women who take little or no exercise cling quite as firmly to their love for sweets as do children who burn up with their endless running and jumping every ounce of candy they gwallow. And children who should have simple, hearty, nourishing food are allowed to eat highly spiced entrees and rich desserts at which their little stomachs very sensibly revolt. So the doctor grows wealthy. He knows that practically the only menace to health that most of us have to encounter is wrong eating or overgating. counter is wrong eating or overeating. Either one is sufficient to throw the soundest body out of gear. If the rank and file of the nation were to wake up to the necessity for knowing something of the kind and quantity of food necessary to keep the human machine in good con-dition, the majority of the doctors would

have to go out of business. It is so easy to keep healthy, if one only knows how, that it is rather a joke upon most of us that we never find out how little it takes to maintain our bodies in good running order and cheat the doctor out of that goodly portion of our income which hitherto he has regarded as his

(Copyright, 1914, by C. Houston Goudias).

PRESENT PRICES OF VEGETABLES

Snapshots in the Market The latest prices of vegetables are as Corn on the ear sells at 25c, to 30c. a dozen.

Eggplant differs according to size, and costs about 10c. or 15c. Potatoes are much cheaper by the basket, costing 60c. to 75c. Hubbard squash is in and costs from 15c. to 40c., according to the size. Spinach costs 50c. a peck. Tomatoes are 35c. a peck.

Sweet potatoes are 25c. per half-peck. Green peas sell at 50c. a half-peck. Yellow string beans, 20c. a quarter-peck. Green peppers, per dozen, 20c. Lima beans, per half-peck, 35c.

Celery roots are 10c. a bunch. Silver onions, 20c. per quarter-peck To Make Candied Lemon

Peel To earn money for their church flower Prepare a brine of water and common salt strong enough to float an egg. Halve the lemons lengthwise of the fruit (some prefer them quartered as well) and remove all pulp and throw the peels into the brine, in which they are to be alroad for 50 years, has just been pensioned lowed to soak for six days. Then place them in fresh cold water for one hour. after which put them into the preserving pan with as much cold water as will cover them, and let them boil till they

are quite soft. To test when they are boiled enough use a silver fork. When you find it penetrates easily turn the peels out on a sieve to drain. While they are draining prepare a syrup by boiling in proportion of one pound of loaf sugar to one quart of water; continue boiling till the mix-ture forms a thin syrup. In this place the drained peels and boll for about half n hour, or until they look clear. Now make another syrup

stronger, using for it as much sugar as the water will absorb. You must calculate the amount you will require of this, according to the amount of peels you have to eandy, so that you may have enough to quite cover the peels when are put into the preserving pan. Boil the peels in this thick syrup until they begin to candy; then take them out and let them drain, and before they are quite dry place them on large dishes. Spread them out and shake a little finely sifted white sugar over them and place

the dishes in some warm place for the peels to dry. They are then ready to be stored for use. Use a wooden spoon for stirring the Use a wooden spoon for stirring the syrup when boiling, and stir continu-ously. The above recipe may be used for orange peel, the only difference be-ing to cut the orange crosswise when halving, to cut them lengthwise to quarter. The pulp of the lemon or orange may be utilized to make excellent marmalade, allowing one pound and a half of sugar for lemons and one pound for oranges to every pound of juice and

OUR W. PHILA. OFFICE

51st & Warrington Avenue. Burn Cummings'

pulp.

Nature's finest family fuel. 4 Yards: Main Office, 413 N. 13th

ALL THAT YOU GET HERE IS TIME-SAVING MARKETING

mply phone or write us your orders for thing in the market. Your wants will be arefully filled as if you made your ewn onal selection. Our products are the grades obtainable. Prompt delivery where.

Filbert, 2356-2357 Race, 1395

2240